# Week of December 1st--6th

#### Thursday December 1st

Chicken Primavera & Noodles Mixed Vegetables Tossed Green Salad Vanilla Ice Cream

#### Friday, December 2nd

Garlic Buttered Fish or Pork Chop Baked Potato, Sour Cream & Chives Steamed Broccoli Garden Salad Fresh Apple

### Saturday, December 3rd

Vegetable Soup
Turkey Divan and Brown Rice
Peas and Carrots
Coleslaw with Pineapple
Cup of Juicy Apricots

#### Sunday, December 4th

Pork Riblet Sandwich on a Bun Macaroni Salad Succotash Tossed Salad Sliced Cantaloupe

#### Monday, December 5th

Beef Stroganoff with Buttered Noodles
Harvard Beets
Coleslaw with Carrots
Tapioca Pudding

#### Tuesday, December 6th

Pork Broccoli Stir Fry
Barley Pilaf
Peas with Pearl Onions
Marinated Tomato Bell Pepper Salad
Birthday Cake

# Week of December 7th-12th

#### Wednesday, December 7th

Vegetable Soup Chicken Marsala with Wild Rice Brussels Sprouts Spinach Mushroom Salad Chinese Almond Cookies

#### Thursday, December 8th

Navy Bean Soup Swedish Meatballs & Seasoned Noodles California Blend Vegetables Persian Cucumber & Tomato Salad Fresh Grapes

#### Friday, December 9th

Breaded Fish or Spinach Quiche Brown Rice Winter Squash Tossed Salad A Bunch Strawberries

#### Saturday, December 10th

Beef Stew with Vegetables Spinach with Mandarin Orange Salad Hot Biscuit Fresh Banana

#### Sunday, December 11th

Roast Turkey with Gravy
Baked Yam
Green Peas
Marinated Three Bean Salad
Cup of Juicy Pears

### Monday, December 12th

Chicken Teriyaki
Barley Pilaf
Butternut Squash
Broccoli Slaw
Apple Crisp with Oatmeal Topping

# Week of December 13th-18th

#### Tuesday, December 13th

Carne Asada Brown Rice and Beans Spinach Mushroom Salad Citrus Cup

#### Wednesday, December 14th

Minestrone Soup with Garlic Bread Vegetarian Lasagna Steamed Broccoli Garden Salad Fresh Grapes

#### Thursday, December 15th

Corn Chowder Soup
Oven Fried Chicken with Baked Yam
Cauliflower with Pimentos
Persian Cucumber and Tomato Salad
Cup of Juicy Peaches

#### Friday, December 16th

Cream of Tomato Soup
King Fish Taco or Meatloaf
Confetti Rice
Mixed Vegetables
Coleslaw
Chocolate Pudding

#### Saturday, December 17th

Turkey Rice Casserole Brussels Sprouts Romaine Lettuce Tomato Salad Wedge of Cantaloupe

#### Sunday, December 18th

Spinach Quiche Brown Rice Broccoli and Cauliflower Caesar Salad Asserted Flavored Yogurt

## Week of December 19th-24th

#### Monday, December 19th

Country Fried Steak
Mashed Potatoes & Creamed Spinach
Tossed Green Salad
Wedge of Cantaloupe

#### Tuesday, December 20th

Lentil Soup with Wheat Roll Asian Chicken Salad Crispy Noodles Orange Carrot Gelatin Fresh Banana

#### Wednesday, December 21st

Thyme Pork Chop with Gravy
Fresh Baked Yam
Corn
Garden Green Salad
Bunch of Fresh Strawberries

# Thursday, December 22nd "Christmas Luncheon"

Baked Ham with Rum Sauce\*\*\*
Sweet Potato Sliced Apple Casserole
French Style Green Beans Almandine
Tossed Green Salad
Christmas Cake

#### Friday, December 23rd

Breaded Fish or Chicken Picatta Barley Pilaf & Brussels Sprouts Romaine Lettuce with Tomato Salad Pumpkin Cake

#### Saturday, December 24th

Sweet and Sour Pork Brown Rice Winter Squash Creamy Coleslaw Cup of Fruit Cocktail

## Week of December 26th-31st

#### **Monday December 26th**

Pork Stew with Vegetables in Entrée Coleslaw Hot Biscuit A Cluster of Grapes

#### Tuesday, December 27th

Enchilada Pie Spanish Rice & Refried Beans Marinated Tomato Bell Pepper Salad Applesauce with Cinnamon

#### Wednesday, December 28th

Armenian Chicken and Barley Pilaf
Normandy Vegetable
Lavash
Garden Salad
Wedge of Cantaloupe

#### Thursday, December 29th

Vegetable Soup BBQ Pulled Pork Sandwich on a Bun Potato Wedges Marinated Beets and Onion Salad Citrus Cup

# Friday, December 30th NEW YEAR'S LUNCHEON"

Tomato Cream Soup with Wheat Roll Roast Beef Au Jus & Whipped Potatoes Broccoli Spear Black Eyed Peas Velvet Chocolate Cake

#### Saturday, December 31st

Pepper Beef Steak Noodles Sautee Spinach Tossed Salad Flavored Yogurt

# December Meal of the Month



#### **Tomato Basil Salmon**

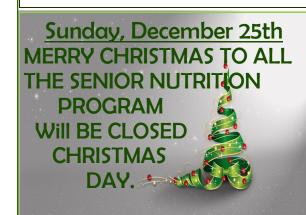
## **Ingredients**

- 2 (6 ounce) boneless salmon fillets
- 1 tablespoon dried basil
- 1 tomato thinly sliced
- 1 tablespoon olive oil
- 2 tablespoons grated Parmesan Cheese

#### **Directions**

Preheat oven to 375 degrees. Line a baking sheet with a piece of aluminum foil, and spray with nonstick cooking spray. Place the salmon fillets onto the foil, sprinkle with basil, top with tomato slices, drizzle with olive oil, and top with parmesan cheese.

Bake in preheated oven until salmon is opaque in the center, and the cheese is lightly browned on top, about 20 minutes.



#### Community Services and Parks Department

#### Serving Meals at Three Locations:

Adult Recreation Center/Central Park Complex

201 E Colorado St

Glendale Ca 91205

818 548 3775

Lunch Served: 7 days a week!

Sparr Heights Community Center

1613 Glencoe Way

Glendale Ca 91208

818 548 2187

Lunch Served: Monday – Friday

Pacific Park Community Center

501 S Pacific Ave

Glendale Ca 91204

818 548 3775

Lunch Served: Monday, Wednesday & Friday

Please remember to reserve or cancel your meal at least one day in advance.

Menu is subject to change without notice.

Community Services and Parks Department will provide reasonable accommodations toward the inclusion of all participants. Please notify us of your needs at the time of reservation.



Senior Café

*DECEMBER 2016* 



City of Glendale Community Services &Parks Department

Telephone Reservations or Cancellations call: Adult Recreation Center/Central at (818) 548-3775